

Module 8: Special Considerations

157. A person with dementia might experience which of the following:
- a. Problems with memory.
 - b. Difficulty communicating.
 - c. An inability to make good decisions.
 - d. Disorientation.
 - e. An inability to take care of their own ADLs.
 - f. A and D only
 - g. All of the above.
158. Dementia and delirium are the same thing.
- ☐ True
 - ☐ False
159. Dementia cannot be cured while Delirium may be caused by an infection or a side effect of medications and will go away once the infection is taken care of or the medications is discontinued.
- ☐ True
 - ☐ False
160. Because dementia can last for many years, it is sometimes called “the long good-bye”.
- ☐ True
 - ☐ False
161. Amnesia is memory loss.
- ☐ True
 - ☐ False
162. Aphasia is difficulty using language.
- ☐ True
 - ☐ False
163. When communicating with Consumer’s with dementia it can be very helpful to eliminate as many of the distractions as possible.
- ☐ True
 - ☐ False
164. Alzheimer’s Disease is a form of dementia.
- ☐ True
 - ☐ False
165. When a Consumer has expressive aphasia, it is important that you do not laugh at what they are saying even if it sounds like nonsense to you. Instead try to interpret what they are saying through their body language and tone of voice.
- ☐ True
 - ☐ False

166. Pantomiming, or using gestures, may make it easier to work with a Consumer with receptive aphasia.
- ☐ True
 - ☐ False
167. Sometimes when you are working with Consumer's with dementia is it easier to breakdown a task into separate, individual steps.
- ☐ True
 - ☐ False
168. The following types of behaviors are associated with dementia:
- a. Wandering
 - b. Pacing
 - c. Repetition
 - d. Rummaging
 - e. Delusions
 - f. Agitation
 - g. A, D only
 - h. All of the above
169. Consumers with dementia may experience more confusion and agitation when the sun goes down. This is called "Sundowning".
- ☐ True
 - ☐ False
170. A urinary tract infection can cause a Consumer to become confused or agitated.
- ☐ True
 - ☐ False
171. It is important to give a Consumer with dementia time to answer questions and not to argue or disagree with them.
- ☐ True
 - ☐ False
172. Bath time can be a frightening time for a person with dementia.
- ☐ True
 - ☐ False
173. A quiet, distraction free setting can help a Consumer with dementia focus on eating their dinner.
- ☐ True
 - ☐ False
174. A physical therapist helps a Consumer increase or maintain their ability to move.
- ☐ True
 - ☐ False

175. An occupational therapist helps a Consumer learn to do their ADLs, especially after an injury or illness.

- ☐ True
- ☐ False

176. "NPO" means the Consumer cannot have anything to eat or to drink.

- ☐ True
- ☐ False

177. Pain medications can make a Consumer constipated.

- ☐ True
- ☐ False

Module 9: The Human Body

178. Elderly Consumers have dry, fragile skin which is slower to heal and puts them at a higher risk for infection from an injury to the skin.
- ☐ True
 - ☐ False
179. Situations that can cause pressure ulcers are:
- a. Sitting or lying in the same position for a sustained amount of time.
 - b. Lying on wrinkled bedding.
 - c. Sitting or lying on an object on a chair or bed.
 - d. A and C only
 - e. All of the above.
180. Pressure ulcers are caused when the blood cannot flow freely to a part of the body which can cause the tissue to die.
- ☐ True
 - ☐ False
181. Pressure ulcers most often form on the bony parts of a Consumer's body.
- ☐ True
 - ☐ False
182. Which of the following are pressure points most likely to form a pressure ulcer if the Consumer does not change position often enough:
- a. Back of the head
 - b. Shoulder blades
 - c. Elbows
 - d. Heels
 - e. Ankles
 - f. Knees
 - g. Hips
 - h. Toes
 - i. C, D, F only
 - j. All of the above
183. Consumers with limited mobility are the least likely to develop pressure ulcers.
- ☐ True
 - ☐ False
184. Not eating enough protein or drinking enough liquids increases a Consumer's likelihood of developing pressure ulcers.
- ☐ True
 - ☐ False

185. Sweat, water, urine, and fecal matter all contribute to skin breakdown and increase a Consumer's likelihood of developing pressure ulcers.
- ☐ True
 - ☐ False
186. Consumers with heart and lung problems have a higher likelihood of developing pressure ulcers.
- ☐ True
 - ☐ False
187. When a Consumer is not positioned in a bed or chair properly they can slide down; which can cause friction and shearing, increasing their likelihood of developing pressure ulcers.
- ☐ True
 - ☐ False
188. Which of the following can a PSS do to help prevent skin breakdown and potential pressure ulcers?
- a. Aiding Consumer's with mobility and repositioning.
 - b. Minimizing friction and shearing.
 - c. Offering fluids as allowed by the Consumer's care plan.
 - d. Providing good skin and perineal care.
 - e. Providing clean, dry, wrinkle-free linens.
 - f. Anticipating toileting needs.
 - g. All of the above.
189. It is important to know the difference between abduction, "moving a body part away from the midline of the body" and adduction, "moving a body part toward the midline of the body," if you have a Consumer who has had hip surgery.
- ☐ True
 - ☐ False
190. Inactivity can lead to loss of muscle mass and possibly loss of bone tissue and Osteoporosis.
- ☐ True
 - ☐ False
191. Arthritis is an inflammation of a Consumer's joints and can be very painful.
- ☐ True
 - ☐ False
192. A Consumer who has had a hip fracture in the past is at a lower risk to fall and have another hip fracture because they will be more careful so that it does not happen again.
- ☐ True
 - ☐ False
193. Consumer's with Diabetes or poor circulation are at a lower risk for amputations.
- ☐ True
 - ☐ False

194. Pneumonia is a respiratory infection that causes the lungs to fill with fluid and pus which prevents the lungs from functioning properly.
- ☐ True
 - ☐ False
195. The months of November through April are considered to be the “season” for people to catch the flu.
- ☐ True
 - ☐ False
196. If a Consumer has asthma, it is very difficult for them to breath properly because their airways become very narrow. Things can cause asthma are:
- a. Cold weather
 - b. Allergies
 - c. Lung infections
 - d. Stress
 - e. Smoke
 - f. Exercise
 - g. B and C only
 - h. All of the above.
197. The leading cause of COPD is smoking.
- ☐ True
 - ☐ False
198. Oxygen therapy is medication and can only be used by a Doctor’s order.
- ☐ True
 - ☐ False
199. The PSS must watch for signs of skin breakdown around a Consumer’s ears, cheeks, and nose when they are on Oxygen therapy.
- ☐ True
 - ☐ False
200. If the Consumer’s care plan calls for them to wear TEDs, it is important that they are on smoothly, not twisted, and are wrinkle free.
- ☐ True
 - ☐ False
201. A TIA is considered a warning sign that a Consumer could have a stroke soon.
- ☐ True
 - ☐ False
202. Consumers who smoke and have high blood pressure or diabetes, are at higher risk for a stroke.
- ☐ True
 - ☐ False

203. Consumers who have had a stroke are at high risk for injuries and burns on their affected side because they may not be able to feel heat, cold, or pain.
- ☐ True
 - ☐ False
204. Consumers with Parkinson's Disease are at a high risk for falling because they have difficulty turning their bodies.
- ☐ True
 - ☐ False
205. Consumers with ALS might be totally paralyzed but their thought processes are the same as always.
- ☐ True
 - ☐ False
206. Conjunctivitis, is sometimes called "Pink Eye" and is very contagious. You can get conjunctivitis if you touch a counter after someone with Pink Eye has rubbed their eye and touched the same counter without washing their hands.
- ☐ True
 - ☐ False
207. It is important for a PSS to face a Consumer who has a hearing deficit when they are communicating with them.
- ☐ True
 - ☐ False
208. Hearing aids, eyeglasses, and dentures are very expensive and must be handled and taken care of carefully.
- ☐ True
 - ☐ False
209. An elderly Consumer who has diabetes is at a higher risk for becoming dehydrated and for falling.
- ☐ True
 - ☐ False
210. Symptoms of diabetes include:
- a. Fatigue
 - b. Weakness
 - c. Excessive thirst
 - d. Excessive urination
 - e. Blurry vision
 - f. More infections
 - g. A craving for sweets
 - h. All of the above
 - i. All except G

211. Diet, exercises, and medication can all work together to help manage diabetes.

- ☐ True
- ☐ False

212. To keep blood glucose at a steady level, it is important for Consumers to eat at regular times throughout the day.

- ☐ True
- ☐ False

213. Signs and symptoms of hypoglycemia include:

- a. Cool, clammy skin
- b. Sweating
- c. Feeling “shaky”
- d. Confusion or difficulty concentrating
- e. Rapid heart rate or breathing
- f. Headache
- g. Blurry or double vision
- h. Restlessness
- i. Irritability
- j. Trembling
- k. A tingling sensation in the mouth or tongue
- l. Hunger
- m. Loss of consciousness
- n. All of the above
- o. All but K

214. Conditions that can cause hypoglycemia include:

- a. A missed meal or snack
- b. A delayed meal or snack
- c. Eating too little food
- d. Vomiting
- e. Being NPO
- f. An increased level of activity
- g. All of the above
- h. All but E and F

215. Signs and symptoms of hyperglycemia include:

- a. Excessive urination
- b. Excessive thirst
- c. Extreme hunger
- d. Unplanned weight loss
- e. Fatigue
- f. Blurry or “double” vision
- g. Headache
- h. Irritability
- i. Dry, flushed skin
- j. Sweet-smelling breath
- k. Dehydration
- l. Seizures
- m. Loss of consciousness (diabetic coma)
- n. All but D and J
- o. All of the above

216. Conditions that can cause hyperglycemia include:

- a. Eating too much food
- b. Decreased level of activity
- c. Too little medication
- d. Physical stress (illness or injury)
- e. Emotional stress
- f. Undiagnosed diabetes
- g. All of the above
- h. All except A

217. Consumers with diabetes may have very poor circulation in their feet and lower legs, which puts them at a higher risk for injury, infection, and possibility amputation.

- ☐ True
- ☐ False

218. A female Consumer can get a bladder infection by not wiping from front to back when providing perineal care.

- ☐ True
- ☐ False

219. A PSS should be sure to report if a Consumer has pain or burning when urinating.

- ☐ True
- ☐ False

220. A PSS should be sure to report if a Consumer has an unusual discharge from any body part.

- ☐ True
- ☐ False

Module 10: ADLs and IADLs

221. Which of the following conditions help ensure a Consumer's comfort in their living area:
- a. Cleanliness
 - b. Temperature
 - c. Noise level
 - d. Quality of light
 - e. All of the above
222. Cleanliness is very important in keeping potential infections from spreading.
- ☐ True
 - ☐ False
223. Elderly Consumers usually prefer a lower temperature and a blanket or shawl to keep them warm.
- ☐ True
 - ☐ False
224. It is correct to close the door when providing care to a patient, even if they have privacy curtains or room dividers, because sound travels and it will help maintain privacy and confidentiality.
- ☐ True
 - ☐ False
225. When making a bed it is important to make sure the linens are not wrinkled, both for Consumer comfort and to help prevent pressure ulcers.
- ☐ True
 - ☐ False
226. It is ok for incontinent Consumers to lay directly on rubberized pads.
- ☐ True
 - ☐ False
227. Soiled bedding should never be put on the floor, furniture, or held against your clothing.
- ☐ True
 - ☐ False
228. Linens should be changed as soon as possible if they become wet no matter what time of the day or night.
- ☐ True
 - ☐ False
229. A PSS should always check the bed linens for a Consumer's personal items before changing the bed.
- ☐ True
 - ☐ False

230. A lack of adequate sleep can lead to which of the following problems:
- a. Decreased ability to handle pain
 - b. Increased risk of illness
 - c. Emotional and behavioral problems
 - d. Decreased physical ability
 - e. B and C only
 - f. All of the above
 - g. None of the above
231. A Consumer who spends the majority of their time in their room has an increased risk of difficulty sleeping.
- ☐ True
 - ☐ False
232. Which of the following can cause a Consumer to have problems falling asleep or staying asleep:
- a. Pain
 - b. Shortness of breath
 - c. Coughing
 - d. Frequent urination
 - e. Medications
 - f. All of the above
233. It is important that a PSS report when a CPAP machine is making a hissing noise around the mask or the tubing.
- ☐ True
 - ☐ False
234. It is important that a PSS report if a Consumer has redness or irritation from the mask or straps of their CPAP.
- ☐ True
 - ☐ False
235. A PSS should never assume that a Consumer is not in pain just because they do not complain about being in pain.
- ☐ True
 - ☐ False
236. A Consumer's pain is what they say it is because everyone experiences pain differently.
- ☐ True
 - ☐ False

237. A PSS can use their observational skills for nonverbal signs of pain, which may include:
- a. Facial expressions (grimacing or gritting the teeth)
 - b. Moaning
 - c. Crying
 - d. Restlessness
 - e. Calling out
 - f. Rubbing the area of the body that is in pain
 - g. Guarding (avoiding use of) the area of the body that is in pain
 - h. Resisting care
 - i. Redness or swelling in an area
 - j. Profuse sweating
 - k. All of the above
238. An indication of pain in a Consumer who has dementia might be a sudden change in behavior, or becoming uncooperative with care.
- ☐ True
 - ☐ False
239. Cold applications should never be used for more than 20 minutes because they can cause tissue death and skin breakdown.
- ☐ True
 - ☐ False
240. Anxiety can increase pain.
- ☐ True
 - ☐ False
241. Distractions can help reduce pain.
- ☐ True
 - ☐ False
242. As a PSS you might sometimes see the abbreviation PRN in a Consumer's care plan, this means:
- a. Postprandial
 - b. As needed
 - c. The Consumer's favorite radio station
 - d. Positive Reinforcement
243. As long as you make sure a Consumer's dentures are clean it is not necessary to perform additional mouth care because they do not have any teeth.
- ☐ True
 - ☐ False
244. It is a good practice for Consumer's dentures to be removed and rinsed after eating.
- ☐ True
 - ☐ False

245. Dentures should always be stored in a dry box so that they do not get bacteria.
- ☐ True
 - ☐ False
246. Providing good perineal care is very important to:
- a. Prevent infection
 - b. Prevent skin breakdown
 - c. Prevent odor
 - d. Help a Consumer feel clean
 - e. All of the above
247. It is very important to drape a Consumer's body with a bath blanket or sheet when performing perineal care as this helps preserve a sense of privacy and modesty for the Consumer.
- ☐ True
 - ☐ False
248. A PSS should always use Standard Precautions when providing perineal care.
- ☐ True
 - ☐ False
249. Once the PSS passes this course they are certified to clip Consumer's finger nails and toe nails.
- ☐ True
 - ☐ False
250. Moisturizing the skin is very important as skin is an organ and our first line of defense against infection. Dry skin is more apt to crack and tear.
- ☐ True
 - ☐ False
251. NEVER apply moisturizer between the toes of diabetic Consumers because it can encourage fungus to grow there.
- ☐ True
 - ☐ False
252. It is especially important for Consumers with diabetes to check their feet every day for red spots, cuts, swelling, and blisters. They should use a mirror or get help to see the bottoms of their feet.
- ☐ True
 - ☐ False
253. When helping a Consumer who has had a stroke get dressed it is better to put their shirt or pants on the affected arm or leg first.
- ☐ True
 - ☐ False

254. When helping a Consumer who has had a stroke get undressed, it is better to remove their shirt or pants from the affected arm or leg first.

- ☐ True
- ☐ False

255. Electric razors should be cleaned after every use.

- ☐ True
- ☐ False

256. When preparing a meal for a Consumer, it is very important to read the food labels to make sure the product fits in the Consumer's care plan.

- ☐ True
- ☐ False

257. The Consumer's care plan specifies they are on a low sodium diet of 1,500 mg per day. They had one packet of instant oatmeal for breakfast. The food label on the oatmeal indicates there is 265 mg of Sodium in the packet. They ate all their oatmeal. You are preparing a box of macaroni and cheese for their lunch. The food label on the box indicates:

- Service Size: 1 cup
- Servings per Container: 2
- Sodium: 470 mg

The Consumer eats two servings. How many mg of salt does the Consumer have left for the rest of the day?

- a. As much as they want, they are on a low sodium diet, not a low salt diet.
- b. 560 mg
- c. 295 mg
- d. 30 mg

258. It is important for the PSS to know if the Consumer is on a special doctor's ordered diet.

- ☐ True
- ☐ False

259. It is important for the PSS to know if the Consumer has any cultural constraints on what foods they can eat or how they are prepared.

- ☐ True
- ☐ False

260. Proper hand hygiene is very important when preparing or serving a Consumer's meal.

- ☐ True
- ☐ False

261. The PSS can help a Consumer with poor eyesight to find their food by telling them where, as if it were on the face of a clock.

- ☐ True
- ☐ False

262. It is important for the PSS to know if a Consumer has assistive devices they use to help them eat.

- ☐ True
- ☐ False

263. Come of the reasons a Consumer can become dehydrated are:

- a. Diarrhea
- b. Vomiting
- c. Bleeding
- d. Severe burns
- e. Excessive sweating
- f. All of the above

264. Older Consumers and Consumers with dementia are at a higher risk for dehydration.

- ☐ True
- ☐ False

265. A Consumer on NPO status can have ice chips and hard candy to keep their mouths moist.

- ☐ True
- ☐ False

266. If a Consumer is on I&O, it is important to record everything they eat or drink.

- ☐ True
- ☐ False

267. When doing perineal care on a Consumer with an indwelling catheter, it is important not to tug or pull on the catheter because there is a balloon that is inflated inside their bladder and tugging on it can hurt them.

- ☐ True
- ☐ False

268. It is very important that a catheter's tubing is never bent or kinked so that the urine can flow into the drainage bag and not stay in the bladder.

- ☐ True
- ☐ False

269. It is very important for the PSS to keep an eye on the drainage bag and tubing of a Consumer with a catheter to ensure that the bag and tubing are never higher than the Consumer's bladder, so that the urine does not run back into their bladder and cause an infection. The PSS must be especially careful that this does not happen when moving a Consumer with a catheter or emptying their bag.

- ☐ True
- ☐ False

270. A PSS should always observe Standard Precautions when emptying a urine drainage bag.

- ☐ True
- ☐ False

271. Good catheter care is very important so that microbes do not travel up the tubing into the bladder and cause an infection.
- ☐ True
 - ☐ False
272. Urinary tract infections are very common in Consumers who have indwelling catheters. Proper tubing and drainage bag positioning and good catheter care can help prevent these infections.
- ☐ True
 - ☐ False
273. The residual urine or fecal matter should always be cleaned from a Consumer's skin when changing a soiled incontinence brief or pad.
- ☐ True
 - ☐ False
274. Bacterial and viral infections can be spread from fecal matter.
- ☐ True
 - ☐ False
275. Not drinking enough fluids or getting enough exercise can cause a Consumer to become constipated.
- ☐ True
 - ☐ False

Module 11: Ergonomics, Transferring, and Repositioning a Consumer

276. Doing the same movements over and over again are stressful to your body only after the age of 30.
- ☐ True
 - ☐ False
277. Learning to lift and move objects properly can reduce your likelihood of physical injury
- ☐ True
 - ☐ False
278. Manually lifting, transferring, and repositioning Consumers always should be done with proper body positioning.
- ☐ True
 - ☐ False
279. The “ABCs” of good body mechanics are:
- a. Stability, Position, and Configuration
 - b. Posture, Balance, and Equilibrium
 - c. Alignment, Balance, and Coordinated movement
 - d. Posture, Placement, and Purpose
280. Keeping your body properly aligned is essential to good body mechanics.
- ☐ True
 - ☐ False
281. You can have better balance by spreading your feet further apart to create a good base support.
- ☐ True
 - ☐ False
282. All of the following are steps of proper lifting technique, except:
- a. Plan your lift and ask for help if you need it
 - b. Stand close to the object and narrow your base of support
 - c. Bend your knees and keep your back straight
 - d. Tighten your abdominal muscles
 - e. Lift with your leg muscles
283. You should squat instead of leaning over to pick something up.
- ☐ True
 - ☐ False
284. A Consumer who is not positioned appropriately or who lays in the same position for a long time can have difficulty breathing properly, which can lead to pneumonia.
- ☐ True
 - ☐ False

285. A PSS may need to use pillows or rolled sheets, towels, or blankets to help position a Consumer properly in their chair or in bed.
- ☐ True
 - ☐ False
286. A Consumer who is laying on their back with their belly up is said to be laying in the supine position.
- ☐ True
 - ☐ False
287. A Consumer who is laying on their stomach with their belly on the bed is said to be laying in the prone position.
- ☐ True
 - ☐ False
288. It is important to check the Consumer's care plan to see if there are positions they should not sit or lay in.
- ☐ True
 - ☐ False
289. For Consumers who are weak or ill, transferring from the bed to a chair may be a scary process.
- ☐ True
 - ☐ False
290. When transferring a Consumer to and from a wheelchair, the PSS should do all of the following, except:
- a. Lock the wheels
 - b. Ensure the front wheels are facing forward
 - c. Remove or fold the footrest to the side
 - d. Make sure the Consumer has proper footwear on
 - e. Always stand to the left of the Consumer
 - f. The PSS should do all of the above

Module 12: Accidents, Incident Reports, Falls, and Restraints

291. Risk factors for accidents include all of the following, except:
- a. History of falls
 - b. Incontinence
 - c. Pets
 - d. Adequate lighting
 - e. Ear infection
292. Falls are the leading cause of nonfatal and fatal injuries in the US, and of accidental death among elderly people.
- ☐ True
 - ☐ False
293. Falls are the most common type of accident that occurs in the health care setting.
- ☐ True
 - ☐ False
294. For Consumers who are at a high risk for falls, guidelines for fall prevention can be found in their care plans.
- ☐ True
 - ☐ False
295. PSSs can help prevent a Consumer's fall by doing which of the following:
- a. Making sure their clothing and shoes fit properly.
 - b. Encouraging the Consumer to use the railing in hallways and stairways when ambulating.
 - c. Making sure a Consumer who needs glasses is wearing them when out of bed.
 - d. All of the above
296. Water that is too hot in a bath or shower can cause third degree burns.
- ☐ True
 - ☐ False
297. Restraints can be either physical or chemical.
- ☐ True
 - ☐ False
298. A physical restraint is a device or object that limits a Consumer's freedom of movement.
- ☐ True
 - ☐ False
299. You can be sanctioned for using restraints as a punishment or to make your job easier.
- ☐ True
 - ☐ False

300. The improper use of restraints is considered false imprisonment.

- ☐ True
- ☐ False

301. Restraints require a doctor's order.

- ☐ True
- ☐ False

302. Incident reports are documents that record any unusual happening.

- ☐ True
- ☐ False

Module 13: Safety

303. PSSs are Mandatory Reporters but not First Responders.
- ☐ True
 - ☐ False
304. The Safety Data Sheet (SDS) provides information about chemicals, except:
- a. Its makeup
 - b. What would be a dangerous exposure to it
 - c. How much it costs
 - d. What to do if someone is exposure to it
 - e. How to clean up spills of it
305. As a PSS you should be alert to possible hazards and report them to your supervisor.
- ☐ True
 - ☐ False
306. A fire cannot occur without fuel, heat, and oxygen.
- ☐ True
 - ☐ False
307. Oxygen therapy can be a fire hazard.
- ☐ True
 - ☐ False
308. A PSS should know their facility's policies and procedures on:
- a. Emergencies
 - b. Chemical Hazards
 - c. Fire
 - d. Disaster Preparedness
 - e. All of the above
309. Frayed cords on electrical appliances can start a fire.
- ☐ True
 - ☐ False
310. Ripped or frayed carpets are a trip hazard.
- ☐ True
 - ☐ False
311. It is safe to plug all appliances into a power strip.
- ☐ True
 - ☐ False

312. If the PSS sees a spill or wet spot on a floor, they should ignore it because it is housekeeping's job to take care of it.

- ☐ True
- ☐ False

313. Because a PSS may work very closely and frequently with a Consumer, they may be the first to realize that something is not "right" with them.

- ☐ True
- ☐ False